



## Take steps to fight America's #1 & #3 killers – HEART DISEASE & STROKE!

The Heart Walk is a national event that raises funds to support the American Heart Association's continuing fight against heart disease and stroke.

A live band and special guests will keep your toes tapping and raise your spirits. Healthy, delicious treats await you in the food court... perfect for post-walk energy!



### Fun & Fitness

- 1 mile non-competitive walk
- Live entertainment
- Free snacks and refreshments
- Stress reduction

### Wellness Activities

- Blood pressure screenings
- Body fat testing
- Nutrition information
- Fitness and exercise

**Tentative Date:**  
**Wednesday, September 19, 2007**  
**Capitol Park (West Steps) Sacramento**  
**Between 11:30 am – 1:30 pm**